

a spring tonic

No particular disease, but your system lacks tone. Your work drags. Ordinary tasks become hard. You find yourself tired, low-spirited, unable to keep your mind on anything, unable to get sound sleep at night. Debility is robbing you of your power.

Dr. Williams' Pink Pills for Pale People

build up the blood. The blood goes to every part of the body and an improvement in its condition quickly improves the general health. The digestion is toned up, the nerves strengthened, the aching muscles made strong and you sleep like a child.

Send a postal card today for this valuable free booklet **Building Up the Blood**
Address: Dr. Williams' Medicine Co., Schenectady, N. Y.

Children Cry for Fletcher's

CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other narcotic substance. Its age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

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American Married Men between ages of 25 and 40 years with family, to learn the trade of Making Automobile Tires. High grade, clean work—Open shop—Factory attractively located. Fine living conditions in beautiful section of New England, Hartford and vicinity. Good wages paid while learning. Everything done to make attractive to those who are looking for steady work, good pay—Where personal effort is recognized and rewarded. Write at once to

EMPLOYMENT DEPT.,
The Hartford Rubber Works Co.
HARTFORD - CONN.

LEAD THE SIMPLE LIFE.

Common Sense Points the Way to Reaching a Ripe Old Age.

It is astonishing how many old people there are in almost every community in New England. Every day there is recorded in the press the passing of some one who has reached the nineties, and quite frequently there is mention of a centenarian. These people, generally speaking, die in the rural districts, but the cities are not without a group of them.

These events indicate that there is no necessity for any one who takes proper care of himself to fail to reach old age. Longevity is merely a matter of caring for oneself and keeping in a cheerful frame of mind. An important factor also in long life is to indulge in some occupation, if only for a few hours daily, in order that the mind and body shall have normal exercise. Boredom seldom lives long.

It is noteworthy in all the interviews which visitors have with the very aged that the latter invariably explain that they attribute their longevity to leading the simple life. They eat sparingly of the most nourishing food that agrees with them, are temperate in the use of all liquids, obtain plenty of sleep, indulge daily in very light exercise and do not worry.

Whoever follows these simple rules can count on living about as long as he or she desires.—Boston Globe.

BENNINGTON BRIEFS

News of the Town and Village Told Briefly for Busy Readers

Mrs. W. E. Gilbert of Arlington is spending the day in town.

There will be a regular meeting of Bennington lodge of Elks this evening. The Foresters of America will hold a large class initiation on the afternoon of May 20.

There will be a regular meeting of the Bennington lodge of Elks this evening at 8 o'clock.

Renben Snow of Boston is the guest of his parents Mr. and Mrs. John Snow of Carpenter's Hill.

Miss May Moore has returned to her home in New York city after spending a week in town.

Mrs. Lillian Wilson of School street has been taken to the Samaritan hospital in Troy, where she will undergo treatment.

Probate Judge E. C. Bennett had recovered sufficiently to be able to walk about the street a little on Monday afternoon.

J. M. Hyde, an inmate of the soldiers' Home, has returned from Delaware, Ohio, where he has been visiting his son for the past few weeks.

Mrs. Florence Surdam and Miss Amy Surdam returned Monday from Northampton, Mass., where they were the week end guests of Mrs. Catherine Mattison.

The Hawks barn on Union street will be open for delivering seed potatoes Tuesday afternoon 4 to 5:30; Thursday evening 7 to 8:30 and Saturday afternoon 8 to 9.

Clayton Reed of Shaftsbury went to Troy Saturday to accompany home Frank Brayton who has been in the Samaritan hospital in Troy, undergoing treatment.

Mr. and Mrs. Fred Woodward, who have been in town for the past few days, returned Monday by team to Wilmington. They reported the road passable but very muddy in spots.

Mr. and Mrs. Raymond Poor of Manchester, Mrs. Emerson Hurd and Mrs. Harry Hurd and daughter, Roma of Arlington were recent guests of Mr. and Mrs. H. N. Williams of Elm street.

Abe Satter has purchased from Eugene A. Watters the house at 232 Union street formerly occupied by Mr. Watters. After making some repairs, Mr. Satter plans to move in about June 1.

Mr. and Mrs. D. A. Ward have returned from Boston, where they attended the marriage of Miss Isabel Toomey, a former resident of Bennington, to Harold Irving Williams of Pittsfield.

Miss Anne Everett, daughter of Edward H. Everett, has been elected to membership in the French club of Smith college. She is one of five members elected from the freshman class, by virtue of their high standing in the subject.

John N. Leonard, who is connected with the Black Cat Textiles Co., and who returned Monday from New York, where he spent the week end at his home, has enlisted in the coast patrol division of the United States naval reserve. He enrolled at the Brooklyn navy yard. Mr. Leonard does not know how soon he may be called into service, but it has been intimated to him that the call will come in the near future.

Thomas Gould, who has been em-

PURITY AND POWER

Necessary to Overcome Impure Blood and Weak Conditions.

The recent trying weather, exposure to storms, the grip, hard colds, pneumonia, fevers, diphtheria and other blood-poisoning, prostrating diseases leave the whole system subnormal—below par—weak and slow—blood depleted and thin, with that tired feeling, poor appetite, delicate digestive power or almost none at all. The ideal treatment is

Hood's Sarsaparilla—to be taken before meals—thoroughly to purify the blood and expel poisons, and Pepticon Pills—to be taken after meals—to put power into the blood, give strength, increase red corpuscles and restore normal strength and health-tone.

Hood's Sarsaparilla has for 40 years won and held the favor of the people as the standard blood purifier. Pepticon Pills are named from pepsin and iron—and also include nut and other blood and stomach tonics. Be wise and begin on this sensible, reliable course of medicine today.

FELT LIKE A NEW PERSON

After Taking Only One Box Of "Fruit-a-lives"

EAST SHIP HARBOR, "It is with great pleasure that I write to tell you of the wonderful benefits I have received from taking 'Fruit-a-lives'. For years, I was a dreadful sufferer from Constipation and Headaches, and I was miserable in every way. Nothing in the way of medicines seemed to help me. Then I finally tried 'Fruit-a-lives' and the effect was splendid. After taking one box, I feel like a new person, to have relief from those sickening Headaches'.

Mrs. MARTHA DEWOLFE.
50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid by Fruit-a-lives Limited, Ogdensburg, N. Y.

played as chef at Carroll's restaurant on North street, left today for Washington. He is a member of the cook shack inspector corps and has been called into service. He said this morning, while he has no knowledge of what section of the country he would be sent to, he thought he might be sent to the Western coast.

The adjourned meeting of the council, directors and committees and others interested in the Public Welfare association will be held in Holden & Healey's office on Wednesday evening at 7:30 to hear the report of the finance committee and Fourth of July committee. All present last week and any others interested are urged to attend.

The last meeting of the Women's Voters study class will be held in the Y. W. C. rooms, Friday evening, May 11 at 7:30. The subject will be Objections Answered, lead by Mrs. Putnam. As business matters of importance will be considered before the study it is quite necessary that all members make a special effort to be in their places at promptly 7:30.

Word has been received here from W. S. C. Russell, who was for a number of years principal of the Bennington graded school, that his son, Stanton Russell, sails for France this month to drive an ambulance at the front for the American Red Cross volunteer corps. He is to be with the Harvard unit which operates between the stretcher bearers and the base hospital.

At the regular meeting of the officers' executive committee of the Bennington County Forest, Fish and Game association Monday evening it was decided that the new Fish and game commissioner, Hon. Linus Leavens, who is inspecting the field station hatchery in the Bushnell district this afternoon should be given an informal reception at the studio of Willis T. White, over the Banner office, at 8 o'clock this evening. All members of the association are requested to be present and meet the commissioner. The occasion will be entirely informal.

Sure Cure. Patient—What would you recommend for somnambulism? Doctor—Well, as a last resort you might try insomnia.—Indianapolis Star.

PRACTICAL HEALTH HINT.

Helping Digestion.

Many persons dread to eat what is ordinarily considered a good dinner for fear of the resulting after-effects. Foods that are well digested and eaten slowly are not apt to cause indigestion, particularly if an acid dessert is taken at the end of the meal instead of a sweet dessert. Puddings and pies are sweet and not well digested by persons disposed to have dyspepsia. Too frequently the dessert is hurriedly eaten and not well masticated. This neglect makes the substances of greater indigestibility. The belching, swelling and full feeling so frequently complained of after meals will be cured and prevented by eating acid fruits for dessert. Apples, apricots, peaches, pears, oranges and grapes are excellent for this purpose. Pineapples are excellent too. The gastric juice (in the stomach) normally contains about 2 per cent hydrochloric acid. If this acid is insufficient for any reason of ill health digestion is interfered with. So it is therefore easy to aid digestion by eating acid fruits.

When a man talks about being confined all day in a stuffy office and a woman tells of being cooped all day in a 2 by 4 house both are bluffing.—Detroit Free Press.

POST TOASTIES
MAKE A BIG HIT WITH ME!
SAYS
Bobby
THE BEST IN CORN FLAKES

Inspiration Miscellany

"You may be whatever you resolve to be."

That was the motto of "Stonewall" Jackson, who died a lieutenant general at thirty-nine. The heroic soldier found that sticking to it, acting at it was what put the solve in resolve.

"Stonewall's" maxim means that you can do what you try to do if you try hard enough. M. Favre found that out forty years ago, when against obstacles supreme and penalties of \$1,000 a day for failure, he pierced the St. Gothard tunnel through the Alps.

That stupendous work cost eight times the original estimates of \$10,000,000, but it was done and done to the everlasting glory of human pluck. Another case of doing what you resolve to do is "Flagler's folly." This is the only marine railroad on earth, and it joins the mainland of Florida to Key West.

"It will ruin you." "It won't pay." "Only an old man's dream." "It violates all the rules of good railroad-ing."

These are samples of what Henry M. Flagler's engineers told the old Standard Oil millionaire when he announced his intention of building that road.

"Anyhow, I shall build it," was Flagler's final order, and he did build it. Railroaders laughed, and his family saw visions of a wasted fortune. But what is the result?

Why, "Flagler's folly" cannot handle the Cuban business which northern railroads are sending it. That picturesque salt water line is one of the best paying properties this partner of J. D. Rockefeller ever owned.

Moral? Why, you may do whatever you resolve to do.—Grand in Philadelphia Ledger.

The Affections.

Young men and women sometimes assert flippantly that to deceive or play with the feelings of others is fair enough and does no special harm. Whether it vitally injures a person's life to have his or her affections trifled with may be a question. But there is no question whatever as to the effect upon the latter. "There is no playing fast or loose with truth in any game without growing the worse for it."—Charles Dickens.

ALLOWING FOR SHRINKAGE.

My chum was an apprentice in the pattern shop. Sometimes I ate my lunch with him, and then together we ruminated about the shop, studying the new machines as well as the old ones. But one of the things that strongly impressed me was his own set of "shrinkage" rules. I discovered for the first time that every pattern was made larger than the cast was intended to be, as when the pattern was put into the sand, and the mold was cast, the casting came out smaller than the pattern, because of the shrinkage of the cooling metal. For cast iron the rule was made an eighth of an inch larger to the foot; for brass, three-sixteenths, and for steel, a quarter of an inch.

That pattern maker's shrinkage rule taught me that if my life was to square itself with the plans laid out for me by God, so that it would harmonize and fit in with other lives and plans, my ideal as to what I should be and do must be higher and better than the average, for those ideals would suffer grievously when transmuted into practical everyday living. If my ideals were higher than the average perhaps I would make a pretty good, ordinary sort of a fellow.—Christian Herald.

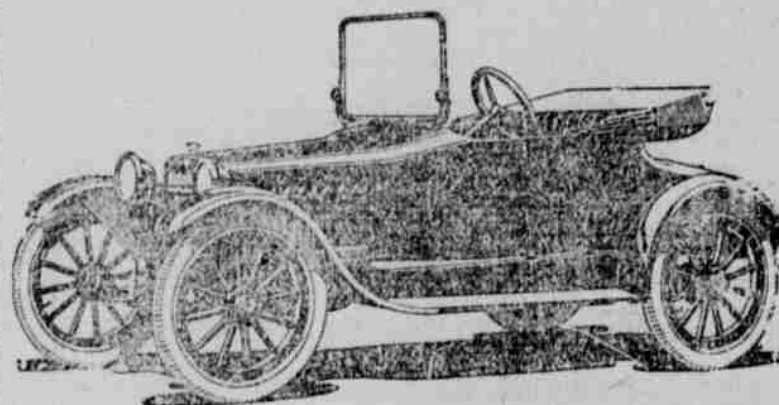
Temper. A great source of cruelty is temper. When it is considered what a vast sum of misery temper causes in the world, how many homes are darkened and how many hearts are saddened by it; when we remember that its persecutions have not even the purifying consequences of most other calamities, inasmuch as its effects upon its innocent victims are rather envenomed than medicinal; when we call to mind that a bright face and a bright disposition are like sunshine in a house and a gloomy, lowering countenance as depressing as an arctic night, we must acknowledge that temper itself is only another form of cruelty and a very bad form too.

The Real Life. The mere lapse of years is not life. To eat and drink and play and sleep, to be exposed to darkness and to light, to pace round in the mill of habit and to turn thought into an instrument of trade—this is not real life. Knowledge, truth, love, beauty, goodness, alone can give true vitality to the mechanism of existence.

PUSH. Sometimes we're apt to stand and knock. When a little push instead Would open up a vista new And we would so be led To see things as they really are And change our point of view From one of shallow prejudice And find some work to do. The pushing is what really counts. To help us on, my friend, While no amount of knocking here Will help us gain our end.—Philadelphia Ledger.

SAXON ROADSTER

Among the other fine car features of Saxon Roadster is a 2-unit Wagner-built starting and lighting system. Now you simply step on a button placed conveniently for your heel and your motor is started.



Saxon Roadster is \$495 F. O. B. Detroit

Specifications: New style body, more room, two unit electric starting and lighting, demountable rims, 30 in. x 3 in. tires, new style top with Greenish rear bow, electric horn, extra tire carrier, speedometer, new design of carburetor, L-head high-speed motor of unusual power, smoothness, quietness and flexibility, 3-speed sliding gear transmission, Timken axles, Hyatt quiet bearings, vanadium steel cantilever springs, ventilating windshield, and a score more of noteworthy refinements.

E. W. WILLIAMS

BENNINGTON GARAGE MAIN ST.

The Box Tortoise.

The box tortoise possesses a singular defensive apparatus. The plastron or shell covering the under part of the body is so formed that its front segment can be drawn upward to protect the animal's head, the head meanwhile being drawn back under the carapace or shell on the back of the tortoise. The upper and under shells then meet in front, forming a kind of box in which the creature is unassailable. When the danger is past the reptile relaxes a muscle, and the raised part of the plastron falls, allowing the head and forefeet to come forth. This movable plate is fastened to the plastron by a strong hinge of elastic ligament.

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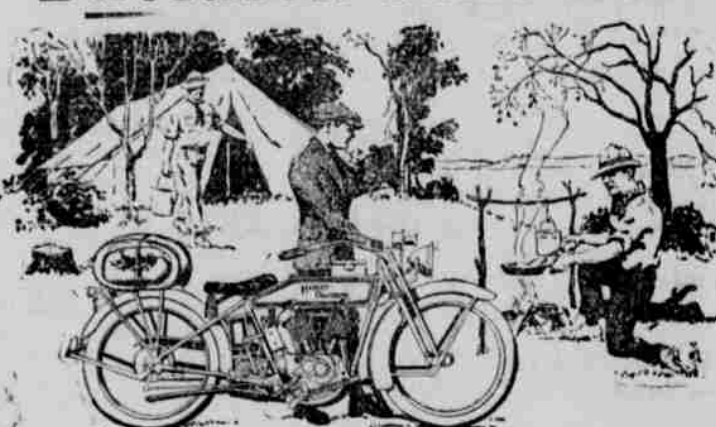
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